

Starter: Word Association



WINTER

Winter:

The Believer's Season



Life With Allah

الحياة مع الله

Session Objectives

- To explain the key features of a believer's winter
- To reflect on the sweetness of the night prayer
- To review winter-related du'as

The Winter Blues

- Who likes winter? Why?
- Who struggles with winter? Why?
- Some people struggle with SAD.
- Some may struggle with low levels of SAD.

Exercise

Go outside and get
light

Eat well

Vitamin D

Re-orient perspective
of winter and make it
special >>



“Winter is the best season for the believer. Its nights are long for him to pray in, and its days are short for him to fast in.”

- al-Ḥasan al-Baṣrī
(raḥimahullāh)

“



1) Perfect for Fasting

“Fasting in winter is the easy prize.”

(The Messenger of Allah ﷺ, Tirmidhī)



- Do you have any missed fasts? Perfect time for qada.
- [A] What specific days should we try to fast on?

When winter would approach,
‘Ubayd b. ‘Umayr would say:

*“O people of the Qur’ān! The
night has become long for your
ṣalāh, and the day has become
short for your fast, so take full
advantage.”*

“



2) Enjoy the Night Prayer

- The sweetness of ‘ibādah
- One of life’s greatest joys is being able to cry out to one’s Maker in the stillness of the night, in Tahajjud, in Sajdah, when one is closest to Him.

“Hold on tight to the night prayer. Indeed it is the habit of the righteous who came before you. It brings you close to your Lord, wipes away your sins and prevents you from sinning.”

(The Messenger of Allah ﷺ, Tirmidhī)

Allah Has A Surprise For You!



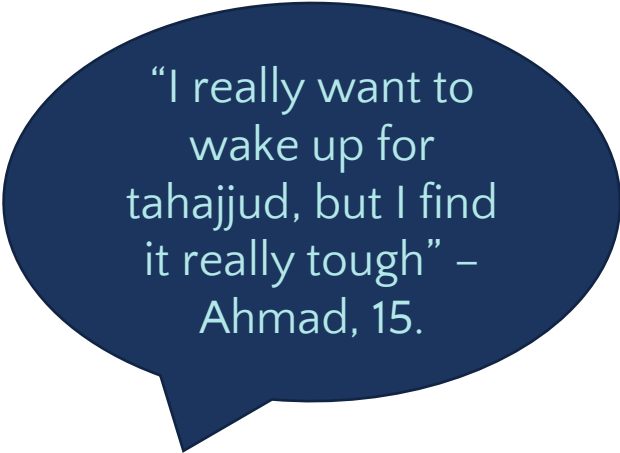
- [A] Write 32:16-7

تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا
رَزَقْنَاهُمْ يُنفِقُونَ ﴿١٦﴾ فَلَا تَعْلَمُ نَفْسٌ مَّا أُخْفِيَ لَهُم مِّن قُرَّةِ
أَعْيُنٍ جَزَاءُ بِمَا كَانُوا يَعْمَلُونَ ﴿١٧﴾

“Their sides shun their beds, praying to their Lord in fear and hope; and they spend (in charity) some of what We have given them. **Not a single soul is aware of the blissful delight that has been reserved for them in secret,** as a reward of what they used to do.” (32: 16-7)

Tahajjud Tips

[A] What advice would you give Ahmad?



“I really want to wake up for tahajjud, but I find it really tough” – Ahmad, 15.

- Du‘a
- Stay away from sins & istighfar
- Drink lots of water before sleeping
- Tahajjud buddy. Ask a friend/family member to wake you up.
- Sleep early!
- Qaylulah
- [Watch Video](#)

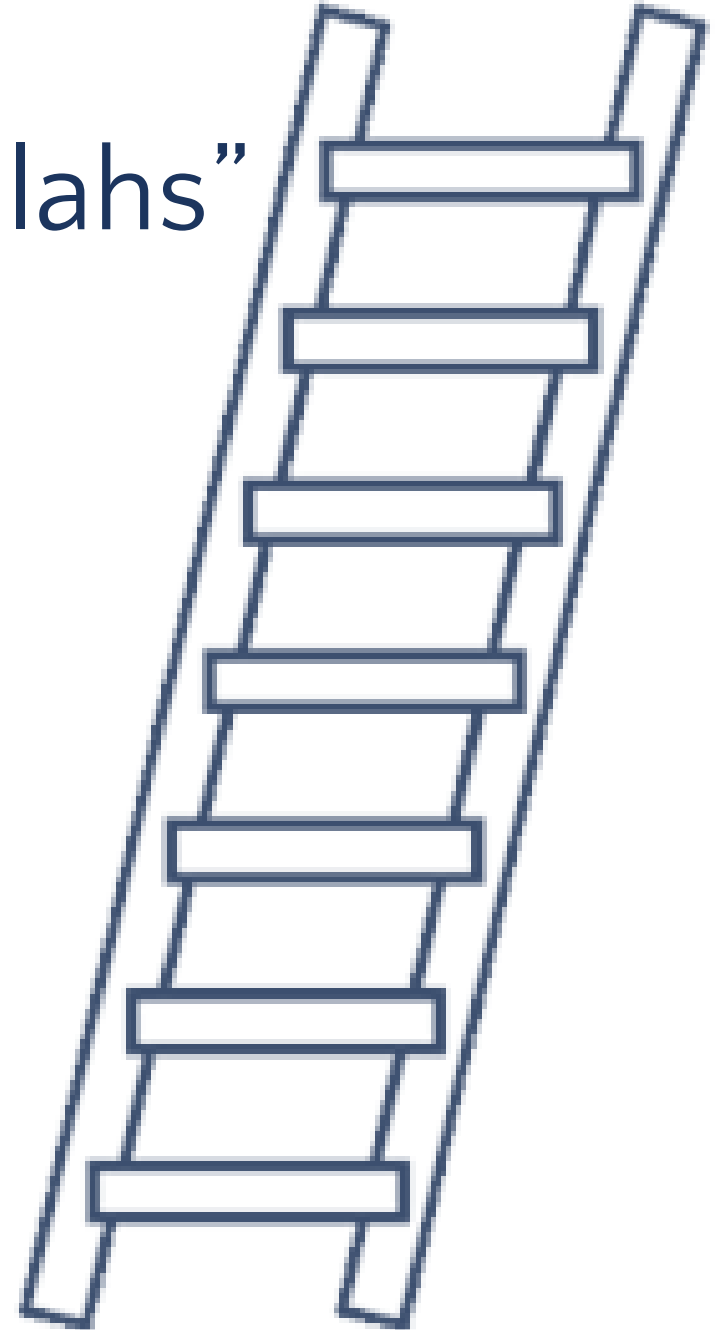
“By Allah, if it wasn’t for the night prayer (qiyām al-layl), I would not have loved the world. By Allah, the people of the night (prayer) experience more delight in their night than the people of entertainment experience in their entertainment. Sometimes the hearts experience moments in which they leap out of joy due to the remembrance of Allah, to the extent that I say: ‘If the people of Paradise have anything like this, then how blissful must their lives be!’”

(Abū Sulaymān al-Dārānī)



“But I struggle with maintaining the 5 Salahs”

By aiming high –
for tahajjud –
inshallah you will
never miss any of
the 5.



3) A Reminder of the Hell-fire

The Messenger of Allah ﷺ said:

“Hell-fire complained to its Lord, saying: ‘Parts of me have consumed other parts.’ So, He allowed it to breathe out twice: one in the winter and one in the summer. This is the extreme heat that you experience, and the bitter cold that you experience.”

(Bukhārī)

4) Thank Allah and Help Others

- Winter is a reminder of how many blessings Allah has bestowed upon us.
- [A] List 5 specific blessings we have that others don't have in this season.
- [A] How can we thank Allah for all our blessings?



Sa'īd al-Kalbī (rahimahullah) used to weep during cold nights. When he was asked about this, he said:

“I thought about the poor amongst the Ummah of Muḥammad ﷺ during this night, and I cried out of compassion for them.”

“



5) More Opportunities to Have Du‘as Accepted

The Messenger of Allah ﷺ said,

“Two are not rejected: the du‘ā’ made at the time of adhān, and under the rain.”

(Ḥākim)

Du‘as

[A] What is the du‘a for when it rains?

When it rains

اللَّهُمَّ صَيِّبًا نَافِعًا

On hearing
thunder

سُبْحَانَ الَّذِي يُسَبِّحُ الرَّعْدُ بِحَمْدِهِ وَالْمَلَائِكَةُ مِنْ خِيفَتِهِ

When it's very
windy

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَخَيْرَ مَا فِيهَا وَخَيْرَ مَا أُرْسِلَتْ بِهِ ،
وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا وَشَرِّ مَا أُرْسِلَتْ بِهِ

Winter: The Believer's Season

1) Its Days are Perfect for Fasting

2) A Chance to Enjoy the Night Prayer

3) A Reminder of the Hell-fire

4) A Means to Thank Allah and Help Others

5) More Opportunities to have Du'as Accepted

Plenary

Write a set of five questions based on today's lesson and then use them to interview your partner

